

FLIGHT JACKET

Marine Corps Merit Award winning newspaper

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Marine Corps Air Station Miramar, Calif.

April 1, 2011

Miramar Marines hit scales, trim fat

Lance Cpl. Lisa M. Tourtelot

COMBAT CORRESPONDENT

Marine administrative message 157/11 is out and leadership is cracking down: Overweight Marines need to conform to body fat standards, or face disciplinary action.

Marine Corps Air Station Miramar will follow MARADMIN 157/11 by mandating weigh-ins for 100 percent of station personnel by July 15, after which the inspector general will review the data at Headquarters Marine Corps.

Although semi-annual weigh-ins are already mandatory, MARADMIN 157/11 sets a specific date for commands to complete weigh-ins so HQMC can assess Marines who may not be eligible for reenlistment, explained Gunnery Sgt. Christopher Dempsey, the operations chief for Headquarters and Headquarters Squadron.

In addition to the mandated weigh-ins, the order also implemented random weigh-ins to prevent Marines from taking extreme measures to alter their weights.

"Everyone has to be within standards at any given time," said Dempsey. "Everyone should be prepared to jump on that pull-up bar

GO TO **WEIGHT**, PAGE 3

Family, friends gather at HMH-361 Marine memorial



Cpl. Z. L. Majors

Lt. Col. Douglas V. Glasgow, commanding officer of Marine Heavy Helicopter Squadron 361, recounts personal memories of Staff Sgt. Alexis Fontalvo to his family and friends during his memorial service at the Bob Hope Theater March 23. Fontalvo, an airframes mechanic with HMH-361, passed away March 17 following a mishap on the flight line aboard Marine Corps Air Station Miramar.

USMC spirit fills Feeding America

Lance Cpl. Lisa M. Tourtelot

COMBAT CORRESPONDENT

Marines from Marine Aviation Logistics Squadron 16, Marine Corps Air Station Miramar, helped Feeding America San Diego open its new warehouse March 25.

Thirty Marines from MALS-16 assisted with the grand opening of the new building by cleaning and organizing the new warehouse, and the Headquarters and Headquarters Squadron color guard performed during the ceremonies.

The Marine volunteers came to the warehouse a week before its grand opening to help clean,

organize and prepare it for the celebration, explained Cpl. Mason Turner, an aviation ordnance systems technician with MALS 16.

"If we get one or two Marines here, they'll do the work of 20 volunteers," said Tim Ney, the chief operations officer at Feeding America San Diego.

Turner explained that Marines bring military discipline and efficiency whenever they volunteer in community service.

"We have individuals who are outgoing, they know what needs to be done and they're good

GO TO **FEED**, PAGE 3



Lance Cpl. Lisa M. Tourtelot

Bill Mead, a volunteer with Feeding America, paints food pallets at the new Feeding America warehouse in San Diego March 25. The new facility can support 16 million pounds of food.

MCAS Miramar
Website

www.miramar.usmc.mil



ROCKIN' AND ROLLIN' AT THE ROLLER DERBY

Derby girls skate through bruises and injuries during roller derbies to relieve stress, make friends and have fun. See page 5 for full story.



31ST MEU BRINGS SUPPLIES TO DISASTER-STRIKEN JAPAN

The 31st MEU and Amphibious Squadron 11 delivered food, water, comfort items and commercial repair vehicles to the island of Oshima. See page 4 for full story.

REACH US



EDITORIAL
(858)-577-6000

FLIGHT JACKET



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Thomas L. Conant**
Commanding General
3rd Marine Aircraft Wing



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The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000.



MWSS-373 (Fwd), Royal Air Force work together during Operation Rawhide II

Cpl. Rashaun X. James

COMBAT CORRESPONDENT WITH THE 2ND MARINE AIRCRAFT WING

CAMP LEATHERNECK, Afghanistan — As part of Operation Rawhide II, an initiative intended to interdict and disrupt enemy activity along the Afghanistan-Pakistan border, Marine Wing Support Squadron 373 was tasked with building forward arming and refueling points near the city of Bahram Cha, Afghanistan.

MWSS-373 did not face this task alone. The Miramar, Calif., based squadron found helping hands from across the Atlantic in the Royal Air Force's Tactical Supply Wing.

Tactical Supply Wing personnel are usually the first to arrive in an operational area and often the last to leave. They set up and maintain fuel support to for helicopters belonging to all branches of the British Armed Forces.

In celebration of the partnership they formed, Marines from MWSS-373, which is deployed in support of 2nd Marine Aircraft Wing (Forward) and troops from the Royal Air Force met at the support squadron's compound at Camp Leatherneck, Afghanistan, March 24, just days before MWSS-373's projected departure from Afghanistan.

"This has been an absolutely fantastic experience," said Royal Air Force Warrant Officer John Taylor, the detachment commander for the Tactical Supply Wing. "Both sides brought their best. The superb communication, impeccable infrastructure and ease of the joint operation were an eye-opener and a tremendous success. The partnership made things work ten times better."

Sgt. Dan Wald and Sgt. Javier D. Rincon both worked regularly with British troops during the opera-

tion, and the two Marines spoke highly of the coalition partnership.

Wald, an MWSS-373 logistics vehicle system operator, convoyed with a coalition U.K.-U.S. force to Forward Operating Base Payne, where the troops set up a landing zone so coalition aircraft could refuel and arm in closer proximity to the ground troops they support. Rincon was sent on a similar mission to Patrol Base Wolfpack.

"The RAF gave us every asset they had," said Rincon, a native of Salem, Mass., who serves with MWSS-373 as a bulk fuels specialist. "There were times when our helicopters were low on fuel and they would send out their refuelers to help us. They were also willing to give us access to their supplies and gear if we needed it. Everything was split down the middle."

"I would like to see more operations where U.S. and U.K. forces work together," said Wald, a San Francisco native. "Anything we did they were willing to do ten times over."

Rincon remarked on the efficiency of the coalition partnership.

"We greatly benefitted from Tactical Supply Wing's ability to push out quickly and dig in ahead of us," said Rincon. "In one situation they manned crew-served weapons and helped us defend an airfield for two weeks."

The U.K. supply wing and U.S. support squadron exchanged flags, keepsakes and handshakes at Camp Leatherneck as they said goodbye, marking the end of a time spent working toward a common goal.

"Working together has been a great experience for both the U.K. fuelers and the U.S. FARP teams," said Master Sgt. Lee Duncan, the operations chief for MWSS-373.



Cpl. Rashaun X. James

Royal Air Force Warrant Officer John Taylor, left, greets Maj. Jose Lopez moments before an exchange of gifts commemorating the coalition partnership between the Tactical Supply Wing and Marine Wing Support Squadron 373, at the support squadron's compound at Camp Leatherneck, Afghanistan, March 24.

Religious Services

The Chaplain's Office, located in Building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, call (858)-577-1333, or visit www.miramar.usmc.mil.

Sunday:

9 a.m. Protestant
Worship Service

9:30 a.m. Protestant
Children's Worship

11 a.m.
Roman Catholic Mass

Religious Education/Sunday:

9:30 – 10:45 a.m.
Catholic CCD Children K-12

10 a.m. Protestant
Adult Bible Study

Weekday Worship Service:

Mon. – Fri. 11:30 a.m.
Catholic Mass

Mon. 6:30 p.m. Contemporary
Praise and Worship Service

Wed. 7 p.m. Baptist Service

Study Groups:

Mon. 7 p.m.
Night Bible Study,
Classroom in the Chapel area

Tues. 6 a.m.
Morning Prayer Service
and Study Group

Islamic Worship Service:

Fri. at noon.
Located in the Chapel or visit
www.icsd.org

Jewish:

Jewish Outreach at
(858) - 571 - 3444
www.jewishinsandiego.org



Lance Cpl. Lisa M. Tourtelot

Sgt. Maj. Roger Jenness, the sergeant major of Marine Corps Air Station Miramar, discusses the new Feeding America warehouse with Tim Ney, chief operations officer with Feeding America San Diego, March 25. Marines with Marine Aviation Logistics Squadron 16, MCAS Miramar, assisted by organizing and cleaning the warehouse before it opened.

FEED,

CONTINUED FROM PAGE 1

with timelines,” said Turner. “We get tasks from [Feeding America] employees and we get it done. This place looked pretty hectic last weekend,” said Turner.

While Marine volunteers support Feeding America, the organization also supports local military families struggling to put food on the table, explained Ney.

“As much as the military contributes to our organization, we love to give back,” said Ney, a former Marine. “I was in the fight. I understand the sacrifices.”

Feeding America San Diego distributes food to more than 175 charitable organizations and feeds 73,000 children, families and seniors each week, which includes military families.

The new warehouse can move 16 million pounds of food each year, but this feat cannot be accomplished without efficient and well-organized help.

Turner explained that he believes most service members enlisted to help their communities, and Feeding America is a great local opportunity to support.

For more information about Feeding America San Diego, visit www.feedingamericasd.org.

WEIGHT,

CONTINUED FROM PAGE 1

and do a [physical fitness test] or go to war. It’s about combat readiness.”

MCAS Miramar has a myriad of options for Marines who do not currently conform to body fat standards.

Marines selected for the body composition program attend daily physical training and have monthly weigh-ins to track their progress over the course of six months. If a Marine is still not within standards at the end of the initial six months, the command may consider him or her for an extension.

In addition to remedial physical training, Marines can attend nutrition and weight management courses with the health promotion office. Registered dietitians and personal trainers at the center will plan nutrition and fitness guides to assist individual Marines in meeting their fitness goals.

For more information about health promotion office diet and exercise programs, call the Health Promotion Office at (858) 577-7963.



Photo Illustration by Sgt. Karim Delgado

Marine Corps Air Station Miramar will now follow MARADMIN157/11 by mandating weigh-ins for 100 percent of station personnel by July 15. In addition to mandated weigh-ins, the message implemented random weigh-ins to prevent Marines from taking extreme measures to alter their weights.

Navy, Marine Corps aircraft strike Libya



Petty Officer 3rd Class Scott Pittman

Cpl. Sean Moberly with Marine Medium Tiltrotor Squadron (VMM) 266, 26th Marine Expeditionary Unit, runs preflight checks on an AV-8B Harrier on the flight deck of amphibious assault ship USS Kearsarge in preparation for Operation Odyssey Dawn missions.

Story by Joint Force Maritime Component Command Odyssey Dawn Public Affairs

MEDITERRANEAN SEA – U.S. Navy EA-18G Growlers positioned in coalition military bases and U.S. Marine Corps AV-8B Harriers aboard the USS Kearsarge launched during the early hours in support of Operation Odyssey Dawn to enforce U.N. Security Council Resolution 1973, which is centered on protecting Libyan citizens from any further harm from Libyan leader Muammar al-Qadhafi’s regime, March 20.

U.S. Navy Growlers provided electronic warfare support over Libya while AV-8B Harriers from the 26th Marine Expeditionary Unit conducted strikes against Qadhafi’s ground forces and air defenses joining an international effort to halt

an offensive against the Libyan populace.

“Protecting the innocent and conducting combined operations are what we are designed to do,” said Col. Mark J. Desens, commanding officer of 26th MEU. “Our forces are doing both as part of the U.S. commitment to protect Libyan citizens.”

Joint Task Force Odyssey Dawn is the U.S. Africa Command task force established to provide operational and tactical command and control of U.S. military forces supporting the international response to the unrest in Libya and enforcement of United Nations Security Council Resolution 1973. UNSCR 1973 authorizes all necessary measures to protect civilians in Libya under threat of attack by Qadhafi regime forces.

JTF Odyssey Dawn is commanded by U.S. Navy Adm. Samuel J. Locklear, III.

Navy-Marine Corps team brings crucial disaster relief to isolated island

**Story and Photos by
Lance Cpl. Garry J. Welch**
COMBAT CORRESPONDENT WITH THE 31st MEU

OSHIMA, Japan — Two U.S. Navy landing craft carrying Marines and Sailors with the 31st Marine Expeditionary Unit and Amphibious Squadron 11, as well as disaster relief supplies and Japanese electrical utility trucks, arrived on Oshima Island, March 27.

Oshima Island has been without running water and electricity since the massive earthquake and subsequent tsunami ravaged the northeast coast of Japan, March 11.

“This island was supplied with water from a pipeline from mainland Japan,” said Kiichiro Onodera, a local city worker. “After the earthquake, the tsunami destroyed the pump station. Since then, people have purified the water in the city pool and made it drinkable; that’s all we had.”

The Marines delivered nearly 2,000 gallons of water to the island today. Approximately 900 gallons were brought directly to a junior high school, which was being used as a shelter for 450 locals displaced by the disaster.

“This water will help supply over 3,000 people,” Onodera said. “People will now be able to shower, and do things they have not been able to do since the disaster happened.”

The Marines also delivered 1,738 meals ready to eat, 136 tarps, and 300 health and comfort kits to the Japan Self Defense Forces to distribute to those in need.

The health and comfort kits contain baby wipes, sun screen, toilet paper, soap, tooth paste and tooth brushes, shampoo and conditioner, lotion, eye drops, foot powder, razors, lip balm and tissues.

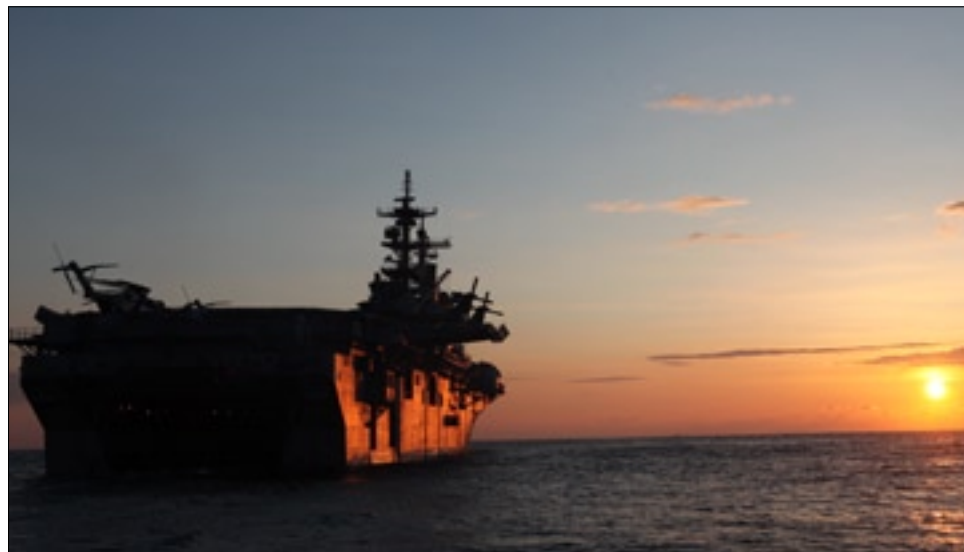
In addition to delivering humanitarian aid, the Marines and Sailors also transported local electrical utility vehicles from Kesennuma city to Oshima Island, to assist with restoring power to the isolated community.

The trucks were brought from the mainland port of Kessennuma nearby by a U.S. Navy landing craft because the bridge to the island was destroyed by the tsunami.

“This will help us to restore vital lifelines to Oshima from Kesennuma as soon as possible. Oshima island residents are suffering greatly,” said JSDF Maj. Shinya Takase, operations officer, 1st Division, 41st Infantry Regiment, in charge of disaster response in Kesennuma. “There is no electrical power at all. These vehicles will help them and help ease the situation. Japanese forces and Marines are doing very well in working through this together. At this moment, there is no other option to get these vehicles to Oshima. That is why we are so grateful for your help.”

With the landing craft transporting the vehicles, the vital infrastructure needed by the people of the island began to be repaired. By 5 p.m. today, the Marines of the 31st MEU received word that electricity had been restored for the first time in 16 days, due to their efforts in assisting the Japanese workers.

“We are extremely grateful for your cooperation and help,” Sasaki Masaetsu, maintenance manager in Kesennuma who rode an LCU to Oshima Island. “We now have a 400 kilowatt emergency generator, two bucket trucks, one crane, and a tools and materials truck, which arrived on your landing craft. We have 450 displaced people here on the



The USS Essex (LHD 2), with the 31st Marine Expeditionary Unit aboard, nears the coast of Japan at sunrise, March 27. The 31st MEU and Amphibious Squadron 11 delivered food, water, comfort items and commercial repair vehicles to residents on the isolated island of Oshima.

island. These trucks will help us provide power for the displaced persons’ shelters, and the remaining homes, so they can have heat and light. It is an extreme honor to have the Marines here, we did not expect it, and we are so thankful.”

As happy as the Japanese were to receive the supplies, the Marines and Sailors of the 31st MEU were just as happy to lend a helping hand.

“To be able to come out here and do this was mind-blowing,” said Sgt. Kyle O. Mills, chemical, biological, radiological and nuclear assessment and consequence management technician, 31st MEU. “We all saw the destruction on the news, but you just don’t know what it’s like until you are out here experiencing it firsthand, it was great to be able to do something to help these people.”

CBRN Marines were present during the operation as a precautionary measure to monitor radiation levels; ensuring there were no unexpected levels. In the event of any possible contamination; Marines were ready to decontaminate any equipment and personnel exposed.

“We took readings every half-hour to ensure it was safe,” said Mills. “For the entire operation the levels remained completely normal.”

As the day came to an end, and the Marines returned to the LCU’s, everyone who was involved knew they had made a difference.

“We came here to help our Japanese friends and support them in any way possible,” said 1st Lt. Robert Jankowski, the engineering platoon commander with Combat Logistics Battalion 31, 31st MEU. “This operation was very successful, we were able to give help and disperse aid to the displaced. All the Marines did a great job.”



U.S. and Japanese Ground Self Defense Force service members view extensive damage to a port on Oshima Island, Japan March 27, the result of the 9.0 earthquake and tsunami March 11.



Burned buildings and debris surrounds a port on Oshima Island, Japan, the result of the 9.0 earthquake and tsunami.

Roller Derby Knocks 'em Out

**Story and Photos by
Lance Cpl. Lisa M. Tourtelot**

COMBAT CORRESPONDENT

They have names like “Isabelle Ringer,” “Steely Jan” and “Slamurai.” They don’t typically respond to their legal names.

They skate on sprained ankles and they don’t waste time brushing themselves off after slamming into a guardrail at full speed. The ladies of roller derby just keep skating.

Known for fishnets, violence and nom de plumes, a roller derby revival is growing in popularity across the world and has even found a captive audience with the U.S. military. Some service members are gravitating toward the skating rink as derby players, referees, non-skating officials and coaches.

“Our jobs [in the military] are so stressful,” said Jack Kemp, a non-skating, game official-in-training with the San Diego Derby Dolls. “This is a great way to get involved with good people and have a lot of fun.”

Roller derby, Kemp explained, can be an excellent stress reliever for service members whether they play or support a league as an official.

Kemp, a petty officer stationed aboard the amphibious assault ship USS Peleliu, explained that he became interested in roller derby when his wife joined a league in Kansas City, Mo.

Derby participants like Kemp often face a learning curve when entering the sport.

Roller derby is no longer the choreographed spectacle it was in the 1970’s - today’s participants are athletes. A derby bout consists of 15-minute quarters during which jammers attempt to score points by passing as many members of the opposing teams’ pack of blockers - defense skaters - and pivots - play-callers who set the pace of the pack.

Between time-outs and halftime, bouts can stretch for

close to three hours. That is three hours of hard skating, body checking and snap decision making.

“I thought it was broken,” said Nili “Isabelle Ringer” Goldfarb nonchalantly, while an emergency medical technician removed her skate and wrapped her rapidly swelling ankle in ice. “I guess it was just cracking.”

Isabelle Ringer, a pivot for the San Diego Wildfires, had just finished a roller derby bout against Colorado’s Rocky Mountain Rollergirls on what she thought was a broken ankle.

Ringer emphasized that the best part of participating in roller derby is the tight-knit community that comes with it.

“Once you’re in this, you have friends around the world,” said Chris “Refadillo” Gaines, a referee for the San Diego Derby Dolls.

The San Diego Derby Dolls offer discounted tickets for all active-duty military members. Their next home bout in San Diego is May 7, when they will battle the Los Angeles Varsity Brawlers. Tickets can be purchased at their website, <http://sd.derbydolls.com>.

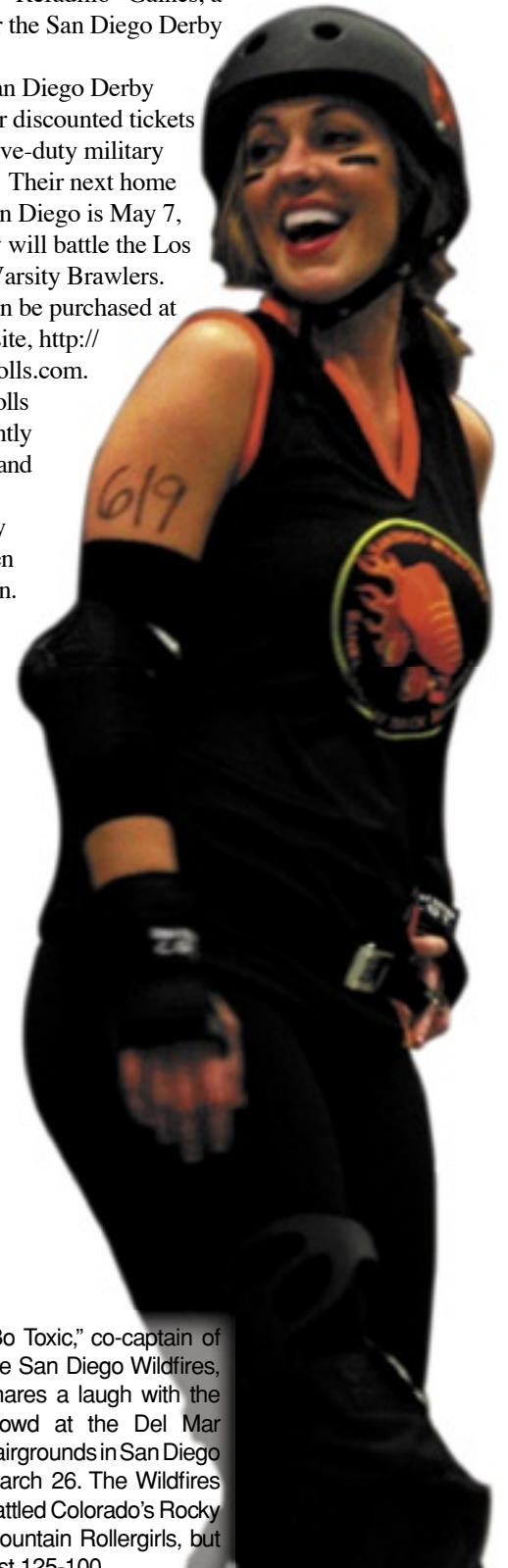
The Dolls are constantly recruiting and welcome active-duty service men and women.



The San Diego Wildfires roller derby team lines up before the next jam at the Del Mar Fairgrounds in San Diego March 26. Jams are laps around the track when the teams’ jammers attempt to score points by passing as many members of the opposing team as possible.



Jammers race to the front of the pack at the Del Mar Fairgrounds in San Diego March 26. The San Diego Wildfires duked it out against Colorado’s Rocky Mountain Rollergirls, but Rocky Mountain skated away with a 125-100 win.



“Bo Toxic,” co-captain of the San Diego Wildfires, shares a laugh with the crowd at the Del Mar Fairgrounds in San Diego March 26. The Wildfires battled Colorado’s Rocky Mountain Rollergirls, but lost 125-100.

VMA-223 gains valuable experiences at Miramar



A crew chief with Marine Attack Squadron 223, the "Great American Bulldogs," with Marine Corps Air Station Cherry Point, N.C., 2nd Marine Aircraft Wing, stands next to an AV-8B Harrier as he looks at a row of F/A-18 Hornets on the flight line here March 22.



Marines from VMA-223, the "Great American Bulldogs," perform routine maintenance on an AV-8B Harrier inside a hangar aboard Marine Corps Air Station Miramar.

**Story and Photos by
Cpl. Steven Posy**
COMBAT CORRESPONDENT

The sunny skies and warm weather of San Diego make it a popular destination for vacationers, but for visiting Marines, Marine Corps Air Station Miramar offers unique training opportunities and equally unique liberty experiences.

A detachment of Marines, along with AV-8B Harrier aircraft from Marine Attack Squadron 223, the "Great American Bulldogs," from Marine Corps Air Station Cherry Point N.C., arrived here March 3 to prepare for an upcoming deployment to Afghanistan.

The high level of air traffic at Miramar and the mountainous terrain of MCAS Yuma, Ariz., are prime territories to prepare the Marines of VMA-223 for similar conditions they will encounter in Afghanistan.

"We were looking for an airfield with a high traffic environment, similar field elevation, proximity and airspace to what we will fly in out there," said Lt. Col Thomas D. Gore, the commanding officer of VMA-223. "Being here provides great training to our squadron, especially for our pilots and ordinance Marines."

By training here, new pilots can practice low altitude tactics and fly at elevations as low as 300 feet. The more experienced pilots who earned night systems qualifications can practice night offensive air support, armed reconnaissance, heavy weapons employment and close air support. They can also use heavier explosives over the terrain of MCAS Yuma, which they cannot do at Cherry Point, explained Gore.

Maintenance and operations Marines of the squadron also gain valuable skills and experience while training at Miramar.

"Our support shops have gained a tremendous amount of experience here," said Staff Sgt. Jason Young, a maintenance controller with VMA-223. "This base is meant for F/A-18 Hornets and helicopters and it is a challenge to meet the needs of our aircraft. Finding parts for the Harrier is difficult, but tailoring maintenance to different conditions and onsite troubleshooting is the key to our success here."

The squadron's success is also attributed to the support of Marine Aviation Logistics Squadron 11, Marine Aircraft Group 11, Marine Aircraft Group 16 and 3rd Marine Aircraft Wing here, explained Gore.

The squadron successfully acclimated to the demands of working in an unfamiliar area, and for some of the Marines Miramar is not only a great place to work, but a great place to spend their liberty.

"We have been working hard, but liberty is awesome here," said Lance Cpl. Aeryk Church, an embarked with the squadron. "The weather is great and there are a lot of things to do around here. I love this area, and this is the best detachment I have ever been on."

Many Marines took advantage of some of San Diego's sunny weather at tourist attractions such as Sea World and the San Diego Zoo.

"I am proud to be a part of this squadron," said Sgt. Maj. Steven Brunner, the squadron sergeant major. "We have a good group with great morale. These Marines work extremely hard and it's phenomenal to see them enjoy their time off. They really love being here and we are worried that they may not want to leave."

After receiving this special training opportunity and enjoying liberty experiences in Southern California, the squadron is scheduled to deploy next fall.

"I am proud to be a part of this squadron. We have a good group with great morale. These Marines work extremely hard ... They really love being here."

Sgt. Maj. Steven Brunner
VMA-223 Sergeant Major



A Marine from VMA-223, the "Great American Bulldogs," connects a hydraulic lift to an AV-8B Harrier inside a hangar aboard Marine Corps Air Station Miramar.

New recreation extension opens aboard air station for youths, teens



Lance Cpl. Lisa M. Tourtelot

Maj. Gen. Anthony Jackson, commanding general of Marine Corps Installations West and political leaders cut the ribbon for a new extension to the recreation facility at the Youth and Teen Center aboard Marine Corps Air Station Miramar March 23. Mission Readiness, a group of retired military leaders dedicated to improving education so more students are eligible for military service, and other political leaders spoke on the importance of education reform in California and ensuring that there will always be skilled candidates for military service.

Top seeds may not make it to see NBA finals



Cpl. Steven H. Posy
COMBAT CORRESPONDENT

Editor's note: Cpl. Posy is a regular contributor to the Flight Jacket and an avid sports fan.

With 10 games left to play in the regular season, the playoff picture is taking shape, but this year's post season may be slightly different than in the past.

The San Antonio Spurs currently hold the league's best record, but don't expect to see them in the finals. The same could be said for the Chicago Bulls, who are currently in first place in the Eastern Conference.

Both teams have impressive records going into the playoffs, but they don't have what it takes to win it all.

The grueling pace of the NBA post season exposes one dimensional teams, who don't have deep benches. The Lakers and the Celtics are once again the best candidates to meet in the finals this year, not Chicago or San Antonio.

The league's MVP Derrick Rose leads Chicago, and if you find a way to stop Rose, the Bulls don't have another leg to stand on. They lack serious depth on their bench to fend off teams like Boston, Orlando or Miami in a seven-game series.

If they do make it out of the Eastern Conference, they will face the Lakers, Spurs, Mavericks or Thunder in the finals.

Although the Bulls have found a way to win 50 games this year, they have relied on Rose every single game and can't win without him. Unfortunately for Chi-town, Michael Jordan is gone, and the new MVP has too big of a mountain to climb.

The Spurs are on top of the Western Conference with 52 wins,

but they are struggling and do not look as solid as they did before the all-star break. They may benefit from resting Tim Duncan, who is nursing a sprained ankle, but even with Duncan back in the line-up, they can't stop Los Angeles.

Kobe Bryant is too focused on winning his sixth championship and his supporting cast is too good to lose in a seven-game series.

L.A. has won games without Bryant against very good teams this year, because Andrew Bynum has been healthy and Lamar Odom is playing like an all-star. Pao Gasol, Ron Artest, Derek Fisher and Steve Blake may not be all stars, but they are better than average and give L.A. some serious depth. The Lakers are too well coached, have too much firepower and too much experience to be denied.

The Celtics are also deep and well-coached, and their "Big Three," Kevin Garnett, Ray Allen and Paul Pierce, are seasoned veterans who know how to turn it up when it counts. When Shaquille O'Neal returns he will also play a large role in beating teams like the Orlando Magic and the Heat.

No matter what happens, the playoffs will be as exciting as ever.

As teams fight for position and gear up for the "home stretch," the most important part of the last 10 games will be the battles for the seventh and eight seeds, and the struggle for home court advantage. Either way, once playoff time commences, it kicks off the best part of the NBA season.



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Legends Sports Grill
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WEEKLY EVENTS...

- Sports Complex Marine Teen training Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teenagers Mon. through Wed. 858-577-4588
- QOL Golf: Two Hours After Twilight free Golf for Active Duty 858-577-4155

**Station Tax Center
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Building 6275 – Behind
the Vet Clinic
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**Kids First Event –
Change of Plans FREE
Movie with American
Idol's Brooke White &
Danny Gokey**
4 p.m.
Theater

**MCCS FREE PRIZE
GIVEAWAYS...**
ITT/Travel Office: Old
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*Stop in and fill out an
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American Red Cross Lifeguard Certification Class
WST Pool
858-577-4137 to register

***H2O Boot Camp
Aquatic Fitness
Training**
Mon & Wed
11:15 a.m.
50-Meter Pool
858-577-4137



***Map Qwest Miramar
FREE Station Tour**
9 a.m.
LINKS House
858-577-6228 to register

**Columbia University
Screening Interviews**
1 – 5 p.m.
Camp Pendleton
Bldg 1160
760-725-2922 to register

**Navy Marine Corps
Relief Society Budget
for Baby Class**
9 – 11 a.m.
L.I.N.K.S. House
858-577-1807

**Fair Fighting
for Couples**
1 – 4 p.m.
Counseling Center
858-577-6585 to register

Anger Management I
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Counseling Center
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1:30 p.m.
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H2O BOOT CAMP AQUATIC FITNESS TRAINING

This program is unique because it's a rigorous, cross-training of swimming, water polo, modified plyometrics and traditional strength/cardiovascular exercises. H2O Boot Camp sets new standards in water based fitness that challenges swimmers of all ages and physical shapes. Classes begin on Monday, April 4 from 11:15 a.m. – 12:15 p.m. and are offered each Monday and Wednesday at the 50-Meter Pool. Call 858-577-4137 for more information.

MAP QWEST MIRAMAR FREE STATION TOUR

Discover the locations of need-to-know places on base! Hop on the bus with MCCS and enjoy a tour of Miramar's most important places. Tours are held the first Tuesday of every month from 9 – 10:30 a.m. and depart from the L.I.N.K.S. House (Bldg 2273). The next tour will be held Tuesday, April 5. Children are welcome on the tour under parent's supervision. Light refreshments and a meet 'n greet will precede the tour. Call 858-577-6228/6195 to register.

MONTH OF THE MILITARY CHILD SHOW: SPELLMAN'S MAGIC SPECTACULAR

On Thursday, April 7 at 1:30 p.m., stop by the Bob Hope Theater and enjoy a live magic show. You will be amazed at the silly antics that entertain you with his magic show. This live show will be followed by a children's matinee movie (Gnomeo and Juliet) at 2 p.m. The live show and movie are both FREE. Call 858-577-6365 for more information.



ANNOUNCEMENTS



Get help paying for child care
Visit the National Association of Child Care Resource and Referral Agencies website at www.naccrra.org to see information on eligibility for assistance to pay for and find child care services. Contact 1-800-424-2246 for information.

ICE ready for use

The Interactive Customer Evaluation set up for Miramar is ready for use. ICE is the internet version of the "Customer Suggestion Box."

It collects feedback on services provided by installations throughout the Department of Defense. To submit a suggestion visit the ICE website at <http://ice.disa.mil>.

Miramar Volunteer Income Tax Assistance (VITA) Center

VITA offers free tax preparation services to all active duty personnel and their family. The hours of operation are Monday through Friday, 8 a.m. - 6 p.m. For more information, please call 858-577-1040.

Important Phone Numbers

**Victim Advocacy 24-hour
Hotline**

858-864-2815

Eagle Eyes

877-356-EYES (3937)

Military One Source

800-342-9647

D-Stress 24-hour Hotline

877-476-7734

(All calls are strictly confidential)



WHAT'S PLAYING...

AT THE BOB HOPE THEATER

BOB HOPE THEATER

Fri. April 1:

Gnomeo and Juliet (G) 6:30 p.m.
The Eagle (PG-13) 9:00 p.m.

Sat. April 2:

Swap Meet 8:00 a.m. – 2:00 p.m.
FREE Screening: Change of Plans (PG) 4:00 p.m.
I Am Number 4 (PG-13) 9:00 p.m.

Sun. April 3:

*The Roommate (PG-13) 1:00 p.m.
*Sanctum (Not 3D) (R) 6:30 p.m.

Wed. April 6:

Hall Pass (R) 6:30 p.m.

Thurs. April 7:

FREE Admission: Spellman's Magic Spectacular Live 1:30 p.m.
FREE Admission: Gnomeo and Juliet (G) 2:00 p.m.

*Indicates Last Showing

MCAS MIRAMAR VOLUNTEER INCOME TAX ASSISTANCE (VITA) CENTER

(858) 577-1040

The MCAS Miramar VITA Center, located in Building 6275, offers its services free of charge to all active duty personnel and their dependents. Starting 1 February 2011, we will be ready to assist you with your Federal and State returns.

What Taxpayers must have when they come to the Tax Center:

- Military ID;
- Spouse's social security card;
- Children's social security cards;
- Date of Birth for self, spouse, and all dependents;
- Social Security Numbers or Employer Identification Numbers for all day care providers, amounts paid, and addresses;
- If service member is overseas and spouse is filing for both of them, spouse must bring the power of attorney authorizing them to file and sign for spouse;
- (Not Mandatory Unless you itemized) 2009 Tax Return;
- W-2's – All W-2 forms for spouse and self for 2010;
- 1099-INT – All interest received statements for 2010;
- 1099-MISC – Any miscellaneous income received, self-employment, rental property (with list of expenses, if applicable) etc. for 2010;
- 1099-DIV – All dividends and gain from stock and mutual funds for 2010;
- 1099-B – All proceeds from sale or transference of stock for 2010; and,
- 1099-R – All proceeds from a pension, annuity, or IRA, and any amounts rolled over from a traditional IRA to a Roth IRA for 2010.

If you want direct deposit of your refund or automatic withdrawal if you owe, you must have:

- Your bank name and routing number;
- Your bank account number in which you would like your refund deposited;

(The easiest method is to bring a check or deposit slip.)

Our hours of operation are: Monday through Friday, 0800-1800

If you are filing Married and Jointly, your spouse does not need to be present, but we will require a power of attorney to properly execute the Tax Return.

If you are filing Married and Separately, you must have your spouse's Social Security Number, current name on his/her social security card, and know whether he/she has already filed.

